## WHAT IS CLAIMED IS:

- 1. A method for making a squeeze loop comprising:
- step 1: preparing pre-preg yarns and wrapping the yarns to a mandrel;
- step 2: solidifying the yarns and removing the mandrel from the yarns

  which forms a tube;
  - step 3: cutting the tube into loops, and
  - step 4: wrapping the loops with an outer layer made of flexible material.
  - 2. The method as claimed in claim 1, wherein the mandrel includes a first part and a second part, the first part has a first tubular section and a first flange on a first end of the first tubular section, the second part having a second tubular section and a second flange on a first end of the second tubular section, the first section removably inserted in the second tubular section.
  - 3. The method as claimed in claim 1, wherein the outer layer is made of foam material.
- 15 4. A loop comprising:

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an inner layer made of pre-preg yarns and an outer layer, the outer layer being made of soft material, the inner layer of the loop being formed integrally without pre-stress.

- 5. The loop as claimed in claim 4, wherein the outer layer is made of foam material.
  - 6. The loop as claimed in claim 4, wherein the outer layer is made of rubber.

7. The loop as claimed in claim 4, wherein the outer layer is made of plastic.